

The Influence of Family Relationships on Children's Psychological Development

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Abstract: Childhood is a crucial stage for an individual's psychological development. Family relationships during this period have a profound impact on children's psychological and long-term development. The family plays an important role in children's mental health. It is necessary to focus on creating a harmonious family atmosphere and giving full play to the positive roles of mothers in building children's trust in the early stage and fathers in promoting the development of children's moral reasoning ability during adolescence. Based on this, this paper studies the influence of family relationships on children's psychological development, analyzes the key factors affecting children's psychological development, such as family atmosphere, parent-child relationship, and parents' marital quality, and puts forward corresponding suggestions, aiming to provide a theoretical reference for optimizing the family environment and facilitating the healthy psychological development of children.

Keywords: Family relationships; Children; Psychological development

Online publication: May 30, 2025

1. Introduction

The family, as the primary environment for a child's growth, its internal relationships have a profound impact on children's psychological development. The quality of the family atmosphere, the closeness of the parent-child relationship, and the level of parents' marital quality are like threads that weave the psychological world of children. In-depth research on the influence of family relationships on children's psychological development not only helps to better understand the mechanism of children's psychological growth but also provides scientific guidance for parents and educators, promoting the healthy and comprehensive development of children's mental health.

2. Influencing factors of family relationships on children's psychological development

Relevant surveys show that currently, most parents pay great attention to the cultivation of children's intellectual

learning, but neglect the cultivation of children's behavioral morality and mental health. The problems existing in children are not inborn but are caused by incorrect educational methods^[1]. In the growth process of children, the family is like a lighthouse, guiding them; it is also like a warm harbor, providing them with shelter and support. As the core component of the family environment, family relationships have a profound and lasting impact on children's psychological development^[2].

2.1. Family atmosphere

The family atmosphere is the invisible spiritual environment in the family. Like the air, it surrounds children all the time and affects their psychological growth. A positive and warm family atmosphere can make children feel loved and safe, thus cultivating an optimistic and confident personality. In a family atmosphere where family members respect and support each other, children are more likely to form a positive self-perception. Parents' encouragement and praise can nourish children's hearts, encourage them to constantly try new things, and be brave enough to face challenges. For example, when children encounter difficulties in learning, parents can give patient guidance and encouragement, making children believe that they can overcome difficulties, thereby enhancing their learning motivation and self-confidence. A positive family atmosphere can also cultivate children's good interpersonal skills, enabling them to learn to care about others and be willing to share. On the contrary, suppressing the tense family atmosphere may make children sensitive, inferior, and may even produce psychological problems. If there are adverse atmospheres such as quarrels and indifference in the family, it will hurt children's psychological development. Children who grow up in an adverse environment for a long time may experience emotional problems such as anxiety and depression, have difficulty concentrating, and their academic performance will be affected. Relevant studies show that children growing up in families with frequent quarrels are more likely to show aggressive behaviors, which is a form of imitation and catharsis of the adverse family atmosphere^[3]. Adverse family atmospheres are mainly reflected in the following two aspects: First, parental quarrels. Affected by factors such as life pressure, children's parents may not be able to effectively control their emotions in the family environment and quarrel over certain things or viewpoints without avoiding the children. Children are in a crucial stage of growth and development and have a strong ability to imitate external things. If they often see their parents quarreling, they will subtly imitate their parents' behavior and think that quarreling is a way to solve problems. When they encounter problems, they may choose to quarrel to solve them, which is very wrong. Second, parental over-indulgence. Nowadays, many families have only one child, and excessive care and attention to the child may easily lead to the child developing a self-centered concept, believing that people around them should take care of and love them, and thus showing selfish behaviors. In short, the family atmosphere largely affects children's behavioral habits, and a harmonious and warm family atmosphere is the foundation for protecting children's healthy growth^[4].

2.2. Parent-child relationship

The parent-child relationship refers to the relationship between parents and children and is the foundation for maintaining family relationships. In the family, the relationship between parents and children should form a stable triangle, with a close connection among the three and equal emotional distances to maintain the balance of the parent-child relationship and promote the healthy psychological growth of children. A good parent-child relationship can provide children with stable emotional support, making them feel loved and respected during the growth process^[5]. For children's development, the core of their early social and emotional development lies in their relationship with their parents. Through mutual adaptation and adjustment, a mature parent-child

relationship system is gradually formed, that is, it gradually changes from being solely decided by parents to being jointly decided by parents and children through mutual negotiation. In the development of a good parent-child relationship, parents can gradually transform from a one-way authority-obedience relationship to a relationship of mutual respect, thereby regulating children's behaviors and enabling students to acquire the ability to think and act independently^[6]. If a good two-way interaction can be formed in this process, it will promote children's independence and development, enabling them to independently find solutions to problems and organize their thoughts when faced with difficulties. If this process is not properly handled and parents cannot effectively adjust their educational methods, such as over-interfering or over-spoiling children, it will affect the development of children's self-care ability. Children may become overly dependent on others, unable to think independently when encountering problems, and prone to giving up. For example, in the indulgent and authoritarian parenting styles, the indulgent parenting style over-protects and indulges children, and children often lack independence and a sense of responsibility and have difficulty adapting to social requirements. The quality of communication between parents and children also directly affects the quality of the parent-child relationship. Effective communication can enhance mutual understanding and trust and timely solve the problems children encounter during the growth process. Parents should learn to listen to their children's voices, communicate with them in an equal and respectful manner, and avoid using commanding or critical language^[7].

2.3. Parents' marital quality

The marital relationship of parents is the core of the family structure, and its quality has a non-negligible impact on children's psychological development. The marital relationship covers the family's material life, the satisfaction of both parties with life, etc. A harmonious and happy marital relationship provides children with a stable and safe family environment, which is conducive to the formation of a healthy psychology and a good personality for children. In a good marital relationship, parents love and support each other, and they will jointly assume family responsibilities, setting a good example for children. Children in such a family can learn how to build close relationships with others, understand respect, tolerance, and love for others. For example, if parents care for and take care of each other in daily life, children will gradually learn to care about the people around them and develop good moral qualities^[8]. On the contrary, when problems occur in parents' marriages, such as frequent quarrels and cold wars, it will have a great psychological impact on children. Children may experience negative emotions such as fear, anxiety, and self-blame, which will seriously affect their study, life, and social interaction. Relevant studies have found that children of divorced parents are more likely to have behavioral problems, such as truancy and fighting, and they are also more likely to feel lonely and helpless emotionally. When children are in a disharmonious marriage state for a long time, they will feel the tense atmosphere of the family, be in a state of unease, and worry about the breakdown of the family, thus affecting their mental health. The less children know about their parents' marital conflicts, the better their peer relationships will be^[9].

3. Suggestions for giving full play to the positive role of family relationships in children's psychological development

The psychological development of children is like the growth of a young seedling, which needs to be nourished by a suitable family environment. To effectively give full play to the positive role of family relationships in children's psychological development, the following suggestions are put forward:

3.1. Creating a harmonious family atmosphere

Parents are the core members of the family, and their way of getting along directly affects the quality of the family atmosphere. In daily life, parents should manage their emotions well and avoid showing excessive negative emotions such as anxiety, anger, or depression in front of children. When there are differences between husband and wife, they should communicate and solve them in a rational and peaceful way, setting a good example of emotion management for children^[10]. For example, parents can agree to always remain calm in front of children. Even if there are conflicts, they will discuss solutions privately in a calm manner instead of having a big quarrel. This stable and harmonious family atmosphere can give children a sense of security, enabling them to face external challenges with confidence^[11]. In addition, the family can regularly carry out activities that all family members can participate in, such as family game nights and outdoor picnics, to enhance the affection among family members and let children feel the warmth of the family in a relaxed atmosphere.

3.2. Cultivating children's positive personality

On the one hand, give full play to the positive influence of mothers on children. In the process of children's growth, mothers have a unique advantage in cultivating children's emotional expression and interpersonal skills. Mothers should pay attention to sharing their feelings and experiences with children, guiding them to express their emotions and understand the emotions of others^[12]. For example, in daily life, mothers can talk to children about the things that make them happy or unhappy today and ask about their children's feelings, enabling children to learn emotional expression and communication through interaction. On the other hand, give full play to the positive influence of fathers on children. Fathers also play an indispensable role in the growth of children. The active participation of fathers is of great significance to the development of children's moral reasoning ability^[13]. For example, during adolescence, children gradually think deeply about social rules and moral concepts. Fathers can discuss social hot-topic issues with children during this period, share their life experiences, etc., guiding children to form correct moral concepts and value judgments. Regarding some controversial events in society, fathers can analyze the ins and outs of the events with children, encourage children to express their opinions, and guide them to think from different perspectives, cultivating children's critical thinking and moral reasoning ability^[14]. In daily life, fathers should participate more in children's hobbies and sports activities to cultivate children's tenacious qualities and competitive awareness. For example, fathers can take their children to participate in basketball games, mountain climbing, etc. During the activities, fathers can encourage children not to shrink back in the face of difficulties, cultivating their perseverance and courage, so that children can be positively influenced subtly and form a healthy personality and good psychological quality^[15].

4. Conclusion

In conclusion, the family is an important place for children to live and grow. Family relationships play a crucial role in the psychological development of children. Factors such as the family atmosphere, the parent-child relationship, and the parents' marital quality are intertwined, jointly shaping the psychological qualities of children. Therefore, parents should create a harmonious family atmosphere, handle the parent-child relationship well, give full play to the positive influence of mothers in giving children a sense of trust in the early stage and fathers in promoting children's moral development during adolescence, and build a good psychological growth environment for children.

Funding

2024 Joint Project of Guiyang Women's Federation and Guiyang University (Project No.: GYU-KY -2025)

Disclosure statement

The author declares no conflict of interest.

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